

WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

Children

GET IMMEDIATE CARE:

- ▶ Noisy, rapid or difficult breathing
- ▶ Neck pain or stiffness
- ▶ Blue or gray around lips, mouth or fingernails
- ▶ Will not wake up easily

CALL YOUR PROVIDER ABOUT:

- ▶ Fever
 - Age 2 months or less: 100.2° F or higher rectally
 - 3–6 months: 101° F or higher
 - Over 6 months: 103° F or higher
 - Fever for more than 2 days
- ▶ Body rash
- ▶ Worsening pain in one or both ears
- ▶ Cannot keep fluids down or refuses to drink
- ▶ Infant with fewer wet diapers or no tears
- ▶ Continued vomiting
- ▶ Cold symptoms for more than 10 days
- ▶ Other symptoms that concern you

- **Antibiotics do not kill viruses.**
- **Most colds, coughs, and sore throats are caused by viruses.**
- **As much as 50% of antibiotic use is unnecessary.**
- **Using antibiotics when they are not needed may harm you or your child by creating stronger germs.**

Adults

GET IMMEDIATE CARE:

- ▶ Painful or difficult breathing, wheezing, or difficulty swallowing

CALL YOUR PROVIDER IF:

- ▶ Pregnant with cold symptoms
- ▶ Heavy smoker with cold symptoms
- ▶ Chronic illness (such as lung problems, diabetes or heart disease) with cold symptoms
- ▶ Symptoms worsen after 3 days
- ▶ Still sick after 10 days
- ▶ Pus in the back of your throat
- ▶ Fever for more than 3 days
- ▶ Severe headache with fever
- ▶ Worsening pain in one or both ears
- ▶ Severe sore throat pain without runny or stuffy nose

**YOUR BODY WILL FIGHT
A COLD ON ITS OWN.
COLDS CAN LAST LONGER
THAN TWO WEEKS.**

**WASH YOUR HANDS OFTEN
WITH SOAP AND WARM WATER
TO PREVENT THE SPREAD OF COLDS.
ANTIBACTERIAL SOAPS ARE
NOT NEEDED.**

For more information:
www.doh.wa.gov/Topics/Antibiotics/



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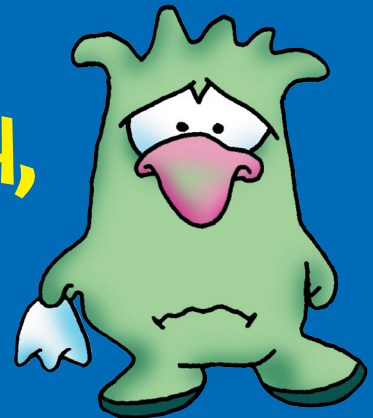
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Sources:





American Academy of Pediatrics, Centers for Disease Control and Prevention, Mayo Clinic, South Carolina Careful Antibiotic Use Taskforce

**What can I do
to fight a
COLD,
COUGH,
OR
SORE THROAT?**



**KNOW COMMON
SYMPTOMS AND
EFFECTIVE REMEDIES**

SELF CARE FOR COLD SYMPTOMS

	Symptoms	Home Remedies	Over-the-Counter (Read the label for a child's dose)	Active Ingredient	Common Brand Names* (Also look for generic or store brands)
	Stuffy Nose	<ul style="list-style-type: none"> • steam inhalation • salt water nose drops 	<ul style="list-style-type: none"> • decongestant—thins the mucus 	<ul style="list-style-type: none"> • phenylephrine 	<ul style="list-style-type: none"> • Neo-Synephrine, Sudafed PE
	Runny Nose	<ul style="list-style-type: none"> • for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion 	<ul style="list-style-type: none"> • antihistamine—dries you up 	<ul style="list-style-type: none"> • diphenhydramine • chlorpheniramine • loratadine 	<ul style="list-style-type: none"> • Benadryl • Chlor-Trimeton • Claritin, Alavert
	Cough (dry-hacking)	<ul style="list-style-type: none"> • drink more water • use a room humidifier • suck on hard candy • gargle (warm salt water) 	<ul style="list-style-type: none"> • cough suppressant—helps stop the cough 	<ul style="list-style-type: none"> • dextromethorphan 	<ul style="list-style-type: none"> • Delsym
	Cough (moist)	<ul style="list-style-type: none"> • drink more water 	<ul style="list-style-type: none"> • expectorant—helps cough up mucus 	<ul style="list-style-type: none"> • guaifenesin 	<ul style="list-style-type: none"> • Robitussin, Mucinex
	Sore Throat	<ul style="list-style-type: none"> • gargle (warm salt water) • don't smoke • suck on hard candy 	<ul style="list-style-type: none"> • throat lozenges 	<ul style="list-style-type: none"> • menthol • benzocaine 	<ul style="list-style-type: none"> • Halls, Vicks, Luden's • Cepacol, Chloraseptic
	Fever/ Muscle Aches	<ul style="list-style-type: none"> • sponge bath • cool compress • rest in bed • heating pad on sore muscles • relaxation techniques 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • aspirin (adults over 20) • ibuprofen • naproxen 	<ul style="list-style-type: none"> • Tylenol • Anacin, Bayer, Bufferin, Ecotrin • Advil, Motrin IB, Nuprin • Aleve
	Watery Eyes/ Sneezing	<ul style="list-style-type: none"> • avoid things you are allergic to or that cause irritation 	<ul style="list-style-type: none"> • antihistamine—dries you up and may relieve itchy eyes 	<ul style="list-style-type: none"> • diphenhydramine • chlorpheniramine • loratadine 	<ul style="list-style-type: none"> • Benadryl • Chlor-Trimeton • Claritin, Alavert
			<ul style="list-style-type: none"> • decongestant 	<ul style="list-style-type: none"> • phenylephrine 	<ul style="list-style-type: none"> • Neo-Synephrine, Sudafed PE
	Earache	<ul style="list-style-type: none"> • place a warm wash cloth or heating pad set on low against the sore ear • drink more water • rest 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • ibuprofen 	<ul style="list-style-type: none"> • Tylenol • Advil, Motrin IB, Nuprin
			<ul style="list-style-type: none"> • decongestant 	<ul style="list-style-type: none"> • phenylephrine 	<ul style="list-style-type: none"> • Neo-Synephrine, Sudafed PE

- ✓ Consult your physician if you are pregnant or breastfeeding.
- ✓ Read the entire label about warnings and proper use before taking medication.

- ✓ Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.
- ✓ Ask your pharmacist about children's brands and dosages.

* Brand names are listed as examples and do not imply endorsement.



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Office of Health Promotion
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